



## GROWING UP BORGIA

MORE SEX. MORE POWER. MORE CONNIVING.  
ACTOR FRANÇOIS ARNAUD  
RETURNS IN THE HIT DRAMA  
THE BORGIA'S PAGE 8



LONDON

# metro®

Tuesday, April 3, 2012



metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

# Students pile on party law

**March 17 riot.** City committee supports idea in principle, but says more discussion needed before decision can be made



**ANGELA MULLINS**  
angela.mullins@metronews.ca

A city bylaw aimed at preventing incidents like the St. Patrick's Day riot near Fanshawe College is "too immediate" and "too reactive," Fanshawe's student-union president said Monday.

There is "potential for this bylaw to target students and rental properties," Veronica Barahona told city council's public-safety committee. "We're uncomfortable with the language and the ambiguity of the bylaw."

Barahona was one of more than 25 people who took the microphone during a meeting at the London Convention Centre. About 100 people were there to comment on the proposed bylaw and the March 17 riot on Fleming Drive.

Several people echoed many of Barahona's comments, calling the proposed bylaw "vague," "dangerous" to civil liberties and an attempt to address a "symptom" instead of the "problem" of too many young people living in one area.

Others voiced support, as did a lawyer representing the

### The proposal

The bylaw lists about 10 activities that could be considered a nuisance. They include:

- Public drunkenness; distribution of alcoholic beverages; unreasonable noise including loud music, talking, singing or shouting; unlawful open burning or fireworks; leaving garbage or litter on public or private property; damaging public or private property

London Property Management Association.

"I hope (the bylaw) gives police more power," said Wayne Harju, 50, of London, who lived on Fleming Drive for 13 years. "I'm a fan of them having as much power as they can have."

The bylaw, based on a 2008 proposal, would give police authority to disperse parties on private property if they meet certain standards. Police have said that would have helped on Fleming Drive because officers could have broken up parties throughout the afternoon.

Pat Searle, vice-president of university affairs at Western University's student council, urged the city to work with students to promote positive activities.

"When we stand together as students, we can do a lot more than when we stand divided as a community."



## Here come those FRIDAY KNIGHT LIGHTS

London Knights rookie defenceman Olli Maatta fires a shot during an upbeat practice on Monday afternoon at the Western Fair Sports Centre. The 17-year-old Finn may not play due to an injury for Game 1 against the Saginaw Spirit on Friday. More coverage, page 2. JOHN MATISZ/METRO

## 1

## NEWS

## On the web

## Sensational progress

The U.S.'s first full-face-transplant recipient says he can feel his daughter's kisses now, a year after the procedure. Dallas Wiens was blinded and severely burned after touching a high-voltage power line in 2008.

Watch at metronews.ca

## Sensational violence

A gunman left horrific scenes in the wake of his rampage on Monday at a Christian university in California. Watch at metronews.ca for more.

## Mobile news



Coming for the Olympics with money to spend? Then there's still time to ensure you can take tea at The Ritz, drink at the Savoy's American bar or sleep in an Art Deco room at Claridge's. Scan code for the story.

## Drug trafficking

## Police charge two for selling crystal meth

Two women have been charged after police found 112 grams of crystal methamphetamine during a vehicle stop early Sunday morning.

Police estimate the street value of the crystal meth to be \$11,200. Belinda Cummings, 32, of Dresden and Jane Maguire, 55, of London have been charged with trafficking.

METRO

## Downtown crime

## Second suspect charged in purse-snatching

Police have charged a 30-year-old London man after an elderly woman was knocked to the ground in a purse-snatching Sunday morning near Dundas and Wellington streets.

A 29-year-old London woman was previously charged in the incident. Sarah Ebert and Jason Aspden each face one count of robbery.

METRO

## Van destroyed

## Suspicious fire on Admiral Drive

Police are looking for tips after a suspicious fire destroyed a van and damaged a house at 293 Admiral Dr. early Monday.

Damage is estimated at \$22,000.

If anyone has any information that may help this investigation, please visit londoncrimes-toppers.com.

METRO



Fanshawe students Cory Watson, 19, of London, and Megan Saliba, 18, of Campbellville, demonstrate the dos-and-don'ts of dinner etiquette. An alumni-undergraduate event called Dinner for Success, being held at the college Tuesday evening, will offer lessons on proper dining etiquette.

JOHN MATISZ/METRO

## The dos-and-don'ts of dining for success

**Fanshawe College.** Mentoring program hosts a Dining for Success seminar offering tips on how to properly present yourself at a dinner, meeting or on a date



JOHN MATISZ  
@metronews.ca

You may not know it, but the actions you make at the dinner table can instantly send multiple signals to your companions.

Whether in a business or

date setting, minor details can be the difference between a yay or nay impression. From the handshake onwards, every action counts.

"Eighty per cent of perception is developed within the first four minutes of meeting someone," said Colin Hill, an instructor in Fanshawe College's tourism and hospitality department.

Under the banner of the Larry Myny Mentoring Program, Hill and his colleagues will host 30 guests at a campus event called Dining for Success.

From 5-7 p.m. on Tuesday at Saffron's Restaurant, undergraduate students and alumni will have the opportunity to absorb both the dos-and-don'ts of attending a

## Habits

- **Common mistake.** Paying too much attention to your cellphone.
- **Common misconception.** People don't know their cutlery manners.

business-like dinner.

"They're soft skills that you don't necessarily learn in school," said Michael Wickett, an alumni officer at Fanshawe. "There's so much more to dinner etiquette than you think. Everything from which fork to use first all the way to how to carry on a proper conversation."

Hill said some of the topics organizers will touch on rely on common sense and attention to detail, while others may surprise those in attendance.

For instance, he says people who overdress are much better off than those who guess an occasion's dress code.

"There's nothing worse than going somewhere and you're dressed very relaxed," Hill said, adding one can roll up their shirt and take off their tie — for example — if they show up to a function in formal attire.

Polarizing topics such as politics, religion and sex, Hill said, should always be off-limits if one hopes to make a meaningful impression.

## OHL playoffs. Knights gear up for face-off against Saginaw

If there's one London Knights skater looking forward to the club's second round date with the Saginaw Spirit, it's rookie Max Domi.

The 17-year-old was one of the last players to retire for the day after an up-tempo practice Monday at the Western Fair Sports Centre.

Domi has a pair of OHL hat tricks in 66 games. Both have come at the hands of the Western Conference's fifth-ranked team, Saginaw, which managed to take down a higher-seeded Sarnia Sting squad in six games in the opening round.

"This little rest we have is a bonus," Domi said of the eight-day gap between playoff rounds.

## Rookie talk

**"The margin of error is very slight in the playoffs."**

Max Domi, London Knights forward

Seeing as London manhandled the offensively gifted Spirit in the season series — winning by a combined score of 25-7 in four meetings — it's no surprise a few of his teammates impressed as well.

One standout was goaltender Michael Houser, who boasted a .949 save percentage over four starts.

"I've always felt pretty comfortable playing in that rink," Houser said of facing

the Dow Event Centre crowd when the series shifts to Michigan for games two, four, and possibly six. "At the same time, they have some impressive guys up front that we have to be aware of."

Saginaw's forward threesome of Vincent Trocheck, Josh Shalla, and Brandon Saad finished 12th, 17th and 18th, respectively, in OHL regular-season scoring.

On the injury front, London may be missing two key pieces to start the series.

Winger Jared Knight is practicing, but has not seen in-game action since injuring his ankle in Game 1 of the Windsor series. He is still day-to-day.

Defenceman Olli Maatta is



The OHL's busiest goaltender in the regular season, Michael Houser, shut out the Saginaw Spirit twice in four tries this year. JOHN MATISZ/METRO

another question mark, having sustained a charley horse in Game four. The Finn participated in drills Monday but

not with full effort. The ailment is "nothing long term," according to head coach Mark Hunter. JOHN MATISZ/METRO



## PROVINCIAL BUDGET

## Public health-care advocates fear substantial hospital cuts

Austerity measures designed to eliminate Ontario's massive \$15.2-billion deficit in five years will spark major cuts in the province's hospitals, public health-care advocates warned Monday.

The Ontario Health Coalition said last week's provincial budget is putting health care in peril by freezing base funding to hospitals, which excludes money for such things as cutting wait times.

The government plans to limit health-care spending increases to 2.1 per cent annually over the next three years — lower than the 2.5 per cent recommended by economist Don Drummond in his government-commissioned austerity report.

It's a big change from the past eight years, which saw health spending increase by an average 6.1 per cent annually.

The zero increase amounts to a funding cut, because hospital costs rise with inflation and population growth, the coalition said.

Natalie Mehra, the group's executive director, said current backlogs will worsen, patients will face longer waits in emergency departments, and there will be more cancelled surgeries and hallway medicine.

Health Minister Deb Matthews said that won't happen, but acknowledged that the government had to make tough choices to rebalance the books.

"I'm asking everyone who works in health care to ask two questions," she said.

"The first question is, what's the best thing for the patients? The second thing is, what's the best thing for the taxpayers? So we need to get better patient care and we need to get better value for money."

THE CANADIAN PRESS



Kimberley Clarke, 39, of London, feeds a parking meter Monday in a city lot near Richmond Street and Central Avenue. A proposal on the floor at city hall would increase the cost of parking to \$1.50 an hour and do away with free parking after 6 p.m. ANGELA MULLINS/METRO

## Free evening parking here to stay — for now

**City council.**  
Committee votes against staff proposal to keep meters ticking longer



ANGELA MULLINS  
angela.mullins@metronews.ca

A city committee has voted in favour of upping the hourly rate for parking to \$1.75 in an effort to keep the downtown meter free in the evenings.

The recommendation — passed Monday in a series of split votes by the civic-works committee — goes against a city staff proposal to keep most parking meters ticking until 9 p.m. and increase the hourly rate to \$1.50. Right now, the hourly rate is \$1.25 and parking is free in most city spaces after 6 p.m.

The issue will be considered

by full council on April 10, meaning what happened Monday isn't set in stone.

Some councillors weren't thrilled with the idea of such a steep rate increase. Coun. Paul Van Meerbergen equated it to an "economic irritant to economic activity in the core."

"(We're) cutting off our nose to spite our face," he said, noting the city's efforts to draw more people to downtown.

Janette MacDonald, manager of Downtown London, lobbied against the staff proposal and echoed the councillor's stance. While keeping free evening parking is "essential," increasing parking rates by 40 per cent through the day isn't the best alternative, she said.

"I just think we should leave the parking alone downtown," MacDonald said. "We're not revitalized yet. We still have vacancies. We still have a lot of things we need to address."

The administration's pro-

### Parking exception

#### Old East Village

- The proposal recommended Monday by the civic-works committee changes the hourly parking rate at all on-street meters except those in Old East Village.

- The rate would stay as-is in that area.

posal had already been written into the 2012 budget and was expected to bring in about \$520,000 a year in new revenue — \$200,000 from the evening parking change and \$320,000 from a 25-cent rate increase.

The recommendation approved Monday would bring in about \$400,000 in new revenue each year, Shane Maguire, the city's division manager for parking and traffic signals, told councillors.

### Londoners comment on possible changes to cost of parking downtown

As the city considers doing away with free parking after 6 p.m., Metro asked Londoners how the move would affect downtown in general and their decision to visit businesses after office hours. Here's what they said:



"I would rather pay the city than Impark."

The truth is, I don't come downtown that often ... and if I do, I guess I don't mind paying (for) parking."

Polo Oyudo, 32



"It's almost like a contradiction ... They want

more people to come downtown, (but) ... they're taking away the opportunity to have more people downtown."

Terry Nelson, 41



"We'd probably (visit downtown) less

frequently. We go to dinner a lot, so it would probably affect how much we do that."

Geoff Crookes, 34



"It would affect Knights games and concerts

and any event going on downtown because people like the fact that there's free parking. If they have to pay for it ... it's just going to make it a lot harder for people."

Layla Abdulrazak, 22

# SOUND THE ALARM

.....  
ONE MILLION  
CHILDREN AT RISK  
IN THE SAHEL



© UNICEF/CHAD/2012/CTidey

# DONATE NOW

YOUR SUPPORT  
WILL SAVE THEM

unicef.ca/sahelnow  
1 800 567 4483

unicef  
canada

## Michael Rafferty trial. Jurors view site where Tori's body found

Jurors in the case of a man accused of first-degree murder in the death of Victoria Stafford were given a first-hand look Monday at the farmer's field where the eight-year-old was killed.

They were at the scene southeast of Mount Forest, Ont., where the judge said he hoped the jurors would

get a better understanding of the evidence.

Members of the media were allowed to view the area once the jury had left.

On Friday, the panel saw video and photos of where Tori's remains were found in July 2009, wrapped in a garbage bag and buried under a pile of rocks in a farmer's field.

Tori disappeared outside her Woodstock, Ont., elementary school on April 8, 2009, and she was allegedly killed the same day in the rural area more than 100 kilometres north of her hometown.

Michael Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

Terri-Lynne McClintic, 21, is already serving a life sentence after pleading guilty to first-degree murder in Tori's death.

When McClintic confessed and later pleaded guilty, she said Rafferty had killed Tori using a hammer, but at the trial she testified it was she who dealt the fatal blows.

THE CANADIAN PRESS



Members of the media visit the crime scene. Markers had been placed to guide the jury's visit.

GEOFF ROBINS/THE CANADIAN PRESS



As winner of their charity boxing match, Liberal MP Justin Trudeau trims Conservative Senator Patrick Brazeau's ponytail in the foyer of the House of Commons Monday. For more see metronews.ca/features. ADRIAN WYLD/THE CANADIAN PRESS

## Trudeau celebrates latest victory over a Tory rival

A Conservative senator is sporting a new hairdo after losing a charity boxing match to Liberal MP Justin Trudeau.

As part of a bet, Patrick Brazeau had his long hair lopped off Monday in the foyer of the House of Commons.

He also must wear a Liberal hockey jersey with Trudeau's name on the back for the rest of the week.

Stylist Stefania Capovilla says she cut off eight or nine inches of Brazeau's hair.

Underdog Trudeau beat

odds-on favourite Brazeau on Saturday night when the referee stopped the bout in the third round.

The Liberal MP and Conservative senator were fighting to raise money for cancer research. THE CANADIAN PRESS

### Leaders summit

## Canada waits for invitation to join Pacific Rim group

Canada may have to give up its protectionist marketing boards if it wants to join a new free-trade group of Pacific Rim countries, U.S. President Barack Obama suggested Monday.

Prime Minister Stephen Harper got another expression of interest in a meeting with Obama in Washington, but hasn't yet received a formal invitation to join the Trans-Pacific Partnership.

THE CANADIAN PRESS

### Unknown condition

## Minister Toews in hospital

Public Safety Minister Vic Toews has been taken to hospital in Ottawa.

It's not clear what condition he is suffering from.

A spokesman for Toews says the minister has been battling a seasonal flu for the last few weeks.

THE CANADIAN PRESS

## Deadly shooting brings scenes of horror to Christian school

A gunman opened fire at a Christian university in California Monday, killing at least seven people and wounding three more, before being captured hours later at a shopping centre in a nearby city, authorities said.

The gunfire erupted around midmorning at Oikos University in Oakland, police said. Television footage showed

heavily armed officers swarming the building and also showed bloodied victims on stretchers being loaded into ambulances. Several bodies covered in sheets were laid out on a patch of grass at the school.

Tashi Wangchuk, whose wife attended the school and witnessed the shooting, said he was told by police that the gunman first shot a woman at

the front desk, then continued shooting randomly in classrooms. Wangchuk said his wife, Dechen Wangzom, locked the door and turned off the lights, Wangchuk said he was told by his wife, who was still being questioned by police Monday afternoon.

The gunman "banged on the door several times and started shooting outside and

left," he said.

For at least an hour after the shooting began, police thought the shooter could still be on campus. Police believe the shooter acted alone, though they have not discussed a possible motive.

Officer Johnna Watson said the suspect is an Asian male in his 40s who was taken into custody at a shopping centre in the

neighbouring city of Alameda.

"It's a very fluid situation and an active investigation," Watson said.

Deborah Lee, who was in an English language class, said she heard five to six gunshots at first. "The teacher said, 'Run,' and we run," she said. "I was OK, because I know God protects me. I'm not afraid of him."

Angie Johnson told the San

Francisco Chronicle that she saw a young woman leave the building with blood coming from her arm and crying: "I've been shot. I've been shot."

The injured woman said the shooter was a man in her nursing class who got up and shot one person at point-blank range in the chest before spraying the room with bullets, Johnson said. THE ASSOCIATED PRESS



RBC Royal Bank

# Lower debt. Increase happiness.

## Save over \$700\* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at [rbc.com/smile](http://rbc.com/smile)



Or scan here using your mobile device to learn more.

Advice you can bank on™



\*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



## Labour. Machinists union heading to court

The International Association of Machinists and Aerospace Workers (IAMAW) said Monday the union will take the government to court over the measure known as Bill C-33 used to prevent some 8,300 IAMAW members from striking on March 12.

The challenge by the machinists follows a similar filing by the union representing the company's pilots, who filed a suit in Ontario Superior Court last month.

Both groups collectively represent the last 11,000 airline employees without updated collective agreements.

The pilots said the law that forces them to fly and accept a contract imposed by arbitration is contrary to Canada's Charter of Rights and Freedoms.

The machinists union said the move has now thrust it into an arbitration process it calls biased, removing its Charter right to free association.

THE CANADIAN PRESS

## Lawsuit. U.S. accuses RBC of sham trading

Royal Bank is defending itself against what it calls "absurd" allegations from U.S. regulators that it engaged in hundreds of millions of dollars in sham futures trades to reap tax benefits on its holdings of company stocks.

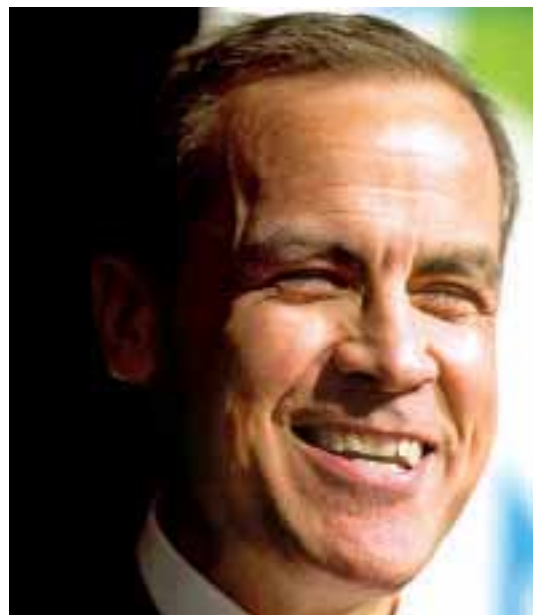
The Commodity Futures Trading Commission lawsuit filed Monday says Royal also concealed the true nature of the trades and made false statements to a futures trading exchange.

The activity, so-called "wash trading" is an illegal stock trading practice in which an investor simultaneously buys and sells shares in a company through two different brokers, usually to avoid taxes.

Royal defended its position in a statement late Monday, saying that it consulted stock exchanges and the commission itself for guidance when the trades were made and there was no objection from either.

THE CANADIAN PRESS

# Economy needs firms to look to emerging markets: Carney



Bank of Canada Governor Mark Carney, after speaking to the Greater Kitchener-Waterloo Chamber of Commerce in Waterloo, Monday.

FRANK GUNN/THE CANADIAN PRESS

**Global trade.** Bank of Canada governor issues sternest warning to date about the country's lagging export record

Canada's economy is underperforming because firms have failed to take advantage of turbo-speed growth in emerging markets, says Mark Carney, citing the worst post-slump trade performance in six decades.

In a speech prepared for a Kitchener-Waterloo business audience Monday, the Bank of Canada governor characterized the country's export record since 2000 as a dismal failure.

It is the worst post-recession record of any recovery since World War II, he said, adding that aside from the United Kingdom, it is currently the worst in the G20 club of major economic nations.

Carney wants Canadian businesses to turn their atten-

### Business boost

"This was essentially a pep talk for business."

Economist Michael Gregory, BMO Capital Markets

tion away from traditional markets like the U.S. and focus on booming economies in Asia.

"Exports have not regained their pre-crisis peak, and in fact remain below their level of a decade ago," he said.

Referring to Canada's current economy, Carney had relatively positive things to say.

With Europe's debt problems ameliorating — he suggested it is no longer a crisis — and as the U.S. recovery picks up steam, the headwinds that have held back Canada's economy are abating.

For the economy to expand in the future, it must ramp up on exports, and businesses must become more innovative and invest in machinery and equipment, he said.

THE CANADIAN PRESS

### Market Minute

**DOLLAR**  
100.98¢ US (+0.73¢)

**TSX**  
12,507.06 (+114.88)

**OIL**  
\$105.23 US (+\$2.21)

**GOLD**  
\$1,679.70 US (\$7.80)

**Natural gas:** \$2.15 US (+2.6¢)  
**Dow Jones:** 13,264.49 (+52.45)

### Data breach

## Visa drops Global Payments from approved list

As many as 1.5 million credit cards in North America were compromised by a data breach last month at Global Payments Inc.

Visa has since dropped Global Payments from its list of approved third-party companies that process credit card payments between retailers and banks. **THE ASSOCIATED PRESS**

### Social networking

## Now even the president is on Pinterest

U.S. President Barack Obama has joined Pinterest, the popular online message board, where users organize and share things they love. His account has a variety of postings about himself and his family, including the family's favourite chili recipe as well as his varied public appearances and activities. **TORSTAR NEWS SERVICE**

### Electric car

## GM to suspend Chevrolet Volt production

General Motors will suspend production of the Chevrolet Volt for an extra week this summer as it tries to control the electric car's inventory.

But the company says sales picked up in March to a record of more than 2,000, and it may cancel the extra week if sales stay strong. **THE ASSOCIATED PRESS**

**Introducing Our Best Value**

# HOME PHONE

**\$18<sup>95</sup>/month**

India Included    Pakistan Included    Bangladesh Included

## UNLIMITED CANADA INCLUDING EXTRA 500 min\* WORLDWIDE CALLING

\* calling to 45 countries around the world

# 15 Features included

**FREE** • activation • shipping • transfer your number

This offer valid until April 27, 2012

**You could win**

**50 phone packages include:**

- Free phone adapter
- Free activation
- Free keeping your number
- Free shipping
- 3 months free service
- 3 months \$33 long distance

**Start saving today!**

**No contract. No obligation**

**1 519-914-5099**

**www.bramatelecom.com**

To register and for full contest details visit club.metro.com

# JUNK FOOD: A CURE FOR THE COMMON CRAVING



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

Last week I was terribly sick in the sore-throat, runny-nose, end-of-days kind of way that everyone experiences during this awful, not-quite-winter,

not-quite-spring time of year.

According to common cold logic, being sick gives you licence to do things you wouldn't usually do. I spent my recovery period watching bad romantic comedies and eating junk food. Yes, instead of loading up on oranges and soothing chicken noodle soup I found myself shame-eating instant mac and cheese alone in bed. I'm not proud of it people.

## Eat like our ancestors

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids.

health, according to a recent study published in the March 2012 edition of Really Obvious Facts, ahem, I mean, the journal of Public Health Nutrition. The research revealed that individuals who consume fast food on a regular basis are 51 per cent more likely to develop depression symptoms, compared to those who eat little or none. We can assume the appendix of the study was titled DUH!

But even though we know better (pink slime anyone?) why do we give in to these unwholesome cravings? It seems that junk food is the culinary equivalent of a Real Housewives franchise: highly processed but surprisingly satisfying.

Sometimes the difficult part isn't knowing what not to eat, but what we actually should be eating. Every week there is a new cancer-causing food group to avoid. Beware, the evils of gluten, renounce your love of dairy, forget the farmed salmon, cut back on raw vegetables ... begin to live in fear of all edibles!

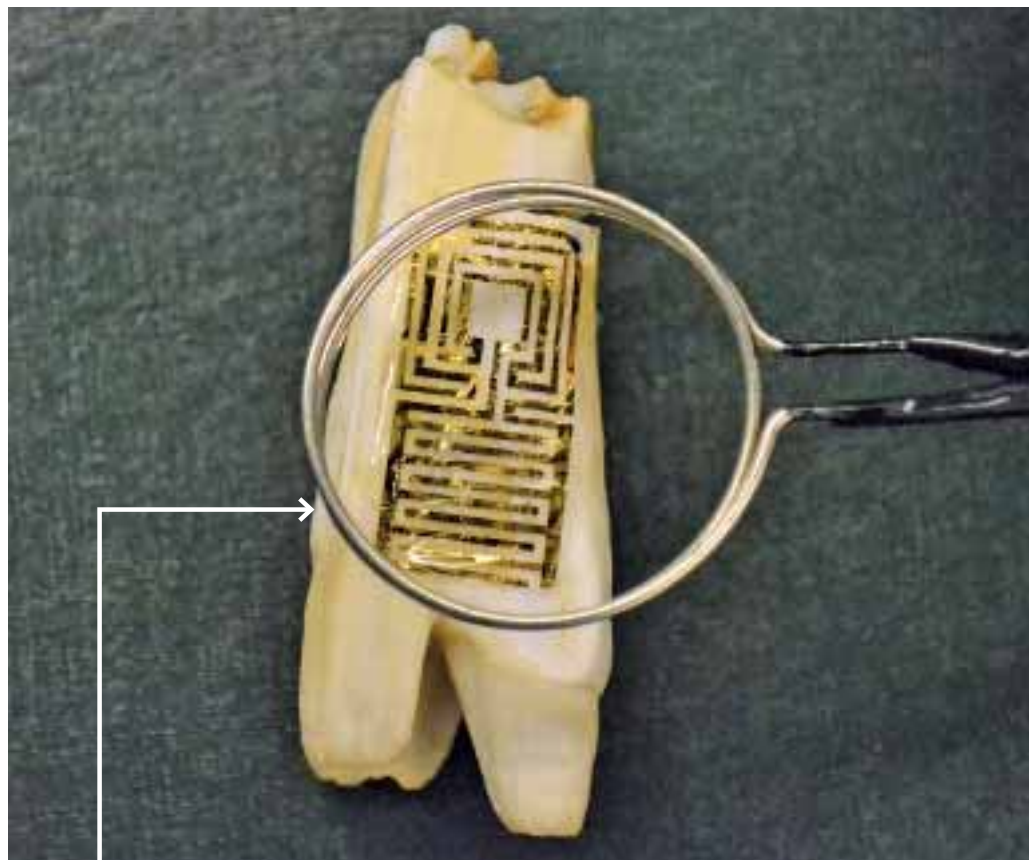
One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids. Cave-person dieters are limited to Stone Age staples such as fish, root vegetables and nuts while eliminating hunter-gatherer foods such as dairy products, grains, legumes, sugar, salt and basically anything delicious. Personally I prefer to subscribe to the low-maintenance doctrine of "everything in moderation."

Some of the best food-related advice I ever received was this: when you're at the grocery store, shop around the perimeter. Here you'll find fresh fruits and vegetables, lean protein, whole grains — basically the entire rainbow of items featured on Canada's Food Guide. What you won't find: brownies, frozen pizza (in deep dish, pop or pocket form), and yes, sadly instant mac and cheese.

Ninety per cent of the time I worship at the altar of kale salads and cauliflower pizza crust, but when my immune system is down I turn to comfort food. While it makes me feel better in the very immediate short term, flu-related bingeing almost always results in a trans-fat induced spiral of regret.

This is hardly surprising of course; junk food consumption does in fact have a direct impact on your mental

# This tooth fights an ache



MALPINE RESEARCH GROUP/PRINCETON UNIVERSITY

## Tonsil detection

## Tooth tattoo detects illness

**PRINCETON, N.J.** We've all heard about having a sweet tooth, but scientists now claim that in a few years from now we could have a disease-detecting tooth working inside our mouths. Michael McAlpine and his team at Princeton have developed a "tooth tattoo" that can sense bacteria in people's breath. **METRO**

## 60 seconds



Michael McAlpine

## Detecting cancer

## How does this device work?

It's made from graphene, a one-atom-thick layer of carbon that's an excellent conductor. After a student breathed on the tooth we used in the experiment, the molecules interacted with the graphene's sensors and gave an electronic, computer reading.

## Any potential benefits?

It'll be able to detect *H. pylori*, a bacterium that

causes stomach ulcers and cancer. Plus, it also heralds in a new way of detecting diseases.

**When do you plan to put this device on the market?**  
We think in five years' time.

**And you think people will put it on their front teeth?**

It can be made small to fit on back teeth but could double up as a trendy-looking "tooth tattoo." **ANTHONY JOHNSTON/METRO**



**With so much information circulating about what is healthy and what isn't, sometimes you have to go with your gut instinct.**

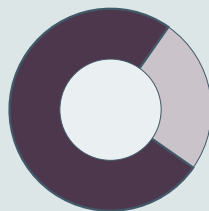
RAFFI ANDERIAN/TORSTAR NEWS SERVICE



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

Do you think the penny should be phased out?

75%  
YES, IT'S A  
NUISANCE



25%  
NO, IT'S AN  
ICONIC  
PIECE  
OF  
CANADIANA

## Twitter

**@dmrodrigues89:**

It's April 2012 - been waiting for this month for a long time :)  
#westernu

impact. BTW I use public transit.  
#ldnont

**@mAdius:**

Saw someone wearing a salad bowl covered in tin foil as a hat, as well as a tin foil vest today.  
#eeyup #ldnont

**@TThomas\_Thomson:**  
Thanks #CIBC for your creditcard offer. Asked you to cease mailings. Infuture I'll assume you want junk mail in your return envelope #ldnont

**@KevinLabonte:**

On the fence over Free after 6pm parking since most DT business close at 6 does it really have an

**@dookstaa:**  
#ldnont if your going to get rid of free parking downtown we need public transit until 3. Reduce drunk driving.



# It's time to play catch-up

Like any high school reunion, getting the American Pie cast back together for American Reunion leads to the obvious questions about what they've all been up to. Here's an update:

NED EHRBAR  
Metro World News in Hollywood



**Jason Biggs  
(Jim)**

After films like *Saving Silverman* and *Loser*, Biggs has been focusing on TV. He is currently voicing Leonardo on Nickelodeon's new *Teenage Mutant Ninja Turtles* series.



**Alyson Hannigan  
(Michelle)**

She's come a long way since 'this one time at band camp.' The biggest success of the bunch, Hannigan has been starring on *How I Met Your Mother* since 2005.



**Seann William Scott  
(Stifler)**

After a string of strong comedy films like *Dude*, *Where's My Car?*, the *Rundown* and *Role Models*, he completed a stint in rehab prior to filming *American Reunion*.



**Thomas Ian Nicholas  
(Kevin)**

A child star before *American Pie*, Nicholas has shifted his focus to music — and even has a song on the *American Reunion* soundtrack.



**Chris Klein  
(Oz)**

After a pair of DUI-related arrests and a stint in rehab, Klein is mounting a comeback, starting with a recurring role on the FX series *Willard*.



**Eddie Kaye Thomas  
(Finch)**

Thomas has worked steadily on screen and stage in smaller projects, with recurring roles in the *Harold and Kumar* franchise and the *American Dad* animated series.



**Tara Reid  
(Vicky)**

After a rocky decade filled with critical career bombs, reality TV meltdowns and problematic plastic surgery, Reid appeared on *Celebrity Big Brother UK* last year.



**Mena Suvari  
(Heather)**

Suvari made waves with *American Pie* and *American Beauty* in the same year. Recently she has popped up on *American Horror Story*.



**Natasha Lyonne  
(Jessica)**

Went through numerous drug-related hospitalizations, arrests and rehab stints, now getting back to work with *American Reunion* and Abel Ferrara's *4:44 Last Day on Earth*.



**John Cho  
(John, party guy)**

Cho launched a catchphrase and a successful career off one scene in *American Pie*, and went on to star in franchises like *Harold & Kumar* and *Star Trek*.

# 2

## SCENE

Scene in brief

### Sheen gets pranked

How about a sequel to *The Artist* starring Charlie Sheen? The actor says he wouldn't hesitate for one minute if the project was proposed to him. At least, that's what he told a Montreal radio personality who was pretending to be the film's award-winning actor Jean Dujardin. The notorious comedy duo known as the Masked Avengers called up Sheen two weeks after the Oscars and asked him if he would like to be in a sequel. The actor congratulated "Dujardin" on his Oscar win and said he'd love to work with him. The Montreal pranksters have engaged in stunts involving Bill Gates, Britney Spears, Paul McCartney and, perhaps most famously, Sarah Palin during the 2008 U.S. election.

THE CANADIAN PRESS

On the web



Trailer from *Sparkle*, the late Whitney Houston's upcoming film, debuts on Today show

## Millions of songs — access anywhere.

Enter now at [clubmetro.com](http://clubmetro.com) and you could WIN a year of unlimited music on Rdio — the best way to discover, play and share music.

**rdio**

[www.rdio.com](http://www.rdio.com)



To register and for full contest details visit [clubmetro.com](http://clubmetro.com)



# 'Free to go straight to the action' in season two of popular period drama, The Borgias

**The son will rise.** The Borgias star François Arnaud promises his character Cesare will be anything but passive this season

IAN JOHNSTON  
scene@metronews.ca

For François Arnaud, the trick to acting on *The Borgias* is to keep it "real and relatable." That's no easy task considering Arnaud's playing the 15th century black sheep son of a philandering, murdering Pope.

"But the character still has to ring true to people," says the Montreal-born Arnaud, who plays Cesare Borgia in the Gemini-winning period drama, which returns for season two on April 8th.

"The goal is to not be

## We can relate

**"The goal is to not be stylized or theatrical but to keep it lively and modern. The way the relationships work is really no different than how they'd play out today."**

François Arnaud

stylized or theatrical but to keep it lively and modern. The way the relationships work is really no different than how they'd play out today."

In the second season of *The Borgias*, Cesare continues to find himself on the outs with his father — Pope Alexander (Jeremy Irons). Alexander still favours his much more inept son Juan.

But unlike in the past, Arnaud says his character won't just stay angry. He'll

"take action" this season.

"I think, in the first season, he (Cesare) didn't do much because he was very much a teenager. Now, he's very different. He's less angry. He takes responsibility for himself and his family," he says.

"The rivalry with my brother also rises to a new level. And Cesare no longer feels he has to follow his father's wishes. But he doesn't want to be pope himself. No. That comes with a lot of baggage," laughs Arnaud.

Beyond his character, Arnaud promises a more action-packed season for Borgias fans.

"First season of any show, especially a period drama, tends to be expository. You have to explain the world and set things up. But in this new season, we are free to just go straight to the action."

Season two of *The Borgias* premieres Apr. 8 at 10 p.m. (ET) on Bravo!



François Arnaud as Cesare Borgia HANDOUT

## The times are changing

### On location: Evolution of Budapest bittersweet

The actor says the experience of shooting just outside Budapest, Hungary, has also proven to be "very exciting."

"Twenty years earlier, they were living in a communist country. So you can really feel a lot of excitement," he says.

"Some of it's good. Some not good. Just since I've been filming there, I see Starbucks springing up."

"There's something sad about that. Like every city in the world is becoming a look-alike."

ENTER TO

# WIN

1 OF 10 PAIRS OF TICKETS TO SEE

# HAIR

Book and Lyrics by Gerome Ragni and James Rado  
Music by Galt MacDermot

The Grand Theatre

APRIL 10 - MAY 13

WARNING: NUDITY, SEXUALITY, DRUGS, PEACE, LOVE AND HOPE.

VISIT  
club  
metro  
.COM  
TO ENTER

To enter and for full contest details visit clubmetro.com

## Drama



### War Horse

Director. Steven Spielberg

Stars. Jeremy Irvine, Emily Watson, David Thewlis

If you thought director Steven Spielberg couldn't top himself for manipulating audiences, you didn't reckon with *War Horse*.

The year is 1914. A dirt-poor and drunken farmer, Ted Narracott (Peter Mullan), buys a frisky thoroughbred for his son, Albert (Jeremy Irvine). Ted's wife Rose (Emily Watson) is furious: the farm needs a plough horse, not a show horse. But the British Army needs horses to battle the Germans even more and Joey is tearfully sold to the war effort, but not before Albert vows to him, "I solemnly swear we'll be together again." Watching *War Horse* is like turning the pages of a long children's book. But the film succeeds in dramatizing the message that humanity must triumph even in times of great inhumanity.

PETER HOWELL

## Documentary



### Benda Bilili!

Directors. Renaud Barret, Florent de La Tullaye

Stars. Leon Likabu, Roger Landu, Coco Ngambali

On the poorest streets of Kinshasa, capital city of the Democratic Republic of the Congo, even a dirty piece of cardboard is a status symbol. The setting could hardly be more depressing, and the documentary *Benda Bilili!* makes no attempt to hide it. From out of the gloom comes the hypnotic grooves of a band called Staff Benda Bilili. The name means "look beyond appearances," and the members of this remarkable musical collective do just that. They celebrate their life in song and whatever moves they can manage. Many of them are paraplegics, unable to move their legs. Yet they all seem possessed of an irrepressible spirit.

PETER HOWELL



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



### More children, less money, way more problems



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

Well, after years of squawking about how the Octomom is going to be a welfare mother, it looks like all of our tsk-tsking is going to come true. Nadya Suleman, mom to 14, is now on welfare — and is receiving death threats

because of it.

She tells TMZ.com, the \$2,000 a month she gets from the State of California in food stamps is to avoid “becoming totally destitute.”

According to TMZ, since the welfare news broke, she’s been receiving death threats but she feels people should be directing their anger toward those “who are abusing the system and not at her.”

What about stupid people who abuse fertility drugs to have way more children they — and society — can’t possibly support in a misguided attempt at fame?

Where do we direct that anger toward?

## I award you no points: Sandler sweeps the Razzies



Adam Sandler ALL PHOTOS GETTY IMAGES

Adam Sandler has a new record, but it’s probably not one he wants to brag about. The actor’s gender-bender comedy Jack and Jill — in which he played male and female twins — earned 10 of the 12 Razzies for which it was nominated over the weekend.

The Razzies — or Golden Raspberries — cele-

brate the worst in film each year.

“It’s not really a clean sweep,” Razzies founder John Wilson tells People magazine. “So it will go into the record books with an asterisk.”

The previous record-holder for most wins was Lindsay Lohan’s 2006 film I Know Who Killed Me.



### Ashton Kutcher as Jobs? How do you like them Apples?

Two and a Half Men star Ashton Kutcher knows how he’s spending his summer vacation: playing tech guru Steve Jobs in a film about the life of the late Apple mogul, according to Variety.

The film, to be directed by Joshua Michael Stern, will follow Jobs’ rise to power. Of course, there’s some competition, as Sony Pictures is developing a rival Jobs biopic, though there’s no word on who will play the computer pioneer in that film.

## Twitter



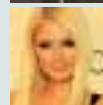
**@ElizbethBanks**

Autocorrect just changed Thurs to Thugs three times. I forgot Thugs was a word. Probably because it’s not 1956.



**@edgarwright**

A simple internet rule is this: don’t get your news from film sites that either don’t watch films or seem to hate them all equally.



**@ParisHilton**

In bed trying to figure out which movie to watch. Deciding between The Tree of Life, Horrible Bosses, The Grey & Tangled. Thoughts?



**@AlbertBrooks**

Have a pretty funny joke about Lincoln but I think it’s too soon.

## Stork brings Bruce Willis one more baby girl



Bruce Willis

Bruce Willis and Emma Heming welcomed a baby girl, Mabel Ray, over the weekend, according to Entertainment Tonight. The new parents are “overjoyed” about the arrival, according to their reps.

Mabel weighed in at nine pounds, one ounce. This is the first child for the couple, who tied the knot in 2009. Willis has three daughters with ex-wife Demi Moore.

ENTER TO **WIN**  
1 OF 5 CITI PLAZA PRIZE PACKS PLUS  
A CHANCE AT THE GRAND PRIZE TO SEE

THE ORIGINAL  
**HARLEM GLOBETROTTERS**

Saturday, April 14 • 2PM

John Labatt  
CENTRE

CITI PLAZA  
Work | Shop | Play | Dine | Learn

MEET & GREET WITH  
**BUCKETS BLAKE!**

Thursday, April 12th at Citi Plaza from 12-1pm

ONE PERSON PER DAY WILL BE ENTERED TO WIN THE

**GRAND PRIZE**

CONSISTING OF A NIGHT OUT AND 4 TICKETS TO SEE THE SHOW PLUS MUCH MORE!

WINNER ANNOUNCED APRIL 12TH AT CITI PLAZA  
To enter and for full contest details visit clubmetro.com





# 3 LIFE

# Learning archery goes a long way for one hungry actress

**Olympic archer Khatuna Lorig trained Hunger Games star Jennifer Lawrence.**

She tells Metro how she transformed the actress into an archer

ROMINA  
MCGUINNESS  
wellness@metronews.ca

## Living well

## Surviving without food or water?

Humans can survive 30 to 40 days without food, providing they are properly hydrated. On the other hand, surviving that long without water is virtually impossible. Besides oxygen, it's the most important nutrient for the body. Expect to last between two to 10 days without it.

## Health

## Berries can help you

Berries are bursting with antioxidants. They also have remarkable anti-inflammatory and immune-system-boosting properties. One portion (one cup) a day is enough to reap the full health benefit.

METRO WORLD NEWS

## On the Web



Foul smelling urine in young kids may be sign of urinary infection: study



Jennifer Lawrence had to train for months to become a decent archer for *The Hunger Games* movie. HANDOUT

Shooting a bow and arrow isn't as easy as it looks in *The Hunger Games*. Without steady poise, physical strength and mental focus, it's unlikely you'll hit a target, much less a genetically mutated beastie. Just ask star Jennifer Lawrence, who had to practice so much, she ended up carrying the equipment around in her car.

In order to look and shoot like a professional archer, Lawrence trained with Khatuna Lorig one hour a day, for 15 days. Lorig's first tip: An archer needs to be standing correctly. Holding a bow with a bad posture could cause unnecessary injuries.

"If you're standing correctly you will have less pain and more pleasure," says Lorig. This is how it's done.

### The Alignment Drill

How does the body need to be aligned as you shoot?

"First, make sure your shoulders are lined up. From here, hold your bow in your hand and stand perpendicular to your target. Get into position by making a 'T' shape with your arms; open them up bending one arm to your face, touching your chin and using the other arm, your 'bow arm' to aim at the target," explains Lorig.

### The advantage of being long and lean

Lawrence has the perfect body for archery. She's tall (around 5-8) with long arms and a long neck.

"Long limbs are perfect for archery as it's easier to get into the alignment drill," adds Lorig. Once Lawrence could handle the bow with ease, Lorig wanted her technique to look natural. Moving on from the static alignment drill, she got her to shoot from longer distances and from a crouching position, with one knee down on the ground — a move she would be required to master on set.

### Arm strength

Although Lorig admits her

## Quote

**"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique."**

Olympic Archer Khatuna Lorig

only exercise is archery, she doesn't dismiss the benefit of arm strength when it comes to improving technique.

"Arm strength is very important for an archer. Jennifer trained with a 15-pound wooden bow — and the one

she uses in the movie was probably lighter than that — but professional archers can hold up 45- to 50-pound bows," explains Lorig.

Adding press ups or light weight lifting to your exercise routine will help build arm strength, allowing you to keep a tighter grip on your bow, which in turn will precise your aiming skills.

### Mental focus is crucial when you are aiming

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique, keeping your mind as sharp as you can," ex-

plains Lorig.

### How can you get the perfect aim?

According to Lorig, there's no trick to having the perfect aim.

"The trick is training all day, every day and shooting about 400 to 500 arrows each time. Without practice, there's no way you'll make the perfect shot."

### On a scale of one to 10, how does Lorig rate Lawrence's archery skills?

"I would give her a seven or eight out of 10. Her performance in the movie was very good considering I didn't train her on set."

## ENROLL NOW!

(519) 668-2000

- Interior Decorating
- Executive Administration
- Hotel, Restaurant and Casino Management
- Medical Administration
- Receptionist
- Sales and Marketing
- Information Technology Tech
- Internet Graphic Design
- Office Administration
- Personal Support Worker



1060 Wellington Rd. London • westerveltcollege.com

# NEED A RIDE?

Read metrodrive every Wednesday.



# Christina's rough edges smoothed by cheap eats and vibe

## Visiting the restaurant

### Christina's Pub

**Address.** 1131 Richmond St. N  
(by Western Gates)

**Phone.** 519-660-8778

**Hours.** Mon - Wed (8 a.m. - midnight), Thurs - Fri (8 a.m. - 2 a.m.), Sat (9 a.m. - 2 a.m.), Sun (9 a.m. - 10 p.m.)

**Rating.** 3.5/5

**Price range.** \$3.25 - \$9.50

**Reservations.** No

**Licensed.** Yes

**Client negotiations.** No

**Lunch with co-workers.** No

**Social lunch.** Yes

**Quick solo lunch.** Yes

**Time in.** 1:45 p.m.

**Time out.** 2:15 p.m.



**LUNCH RUSH**  
Paul Mitchell  
life@metronews.ca

Christina's Pub is known for its all-day breakfast and casual ambiance.

It may not be chic, but it is a welcoming "home away from home."

Pub grub is on my mind and Christina's helpings of comfort are served up quickly at modest prices.

The menu, much like the decor, lacks refinement, offering a wide range of sandwiches and a daily blackboard of specials.

I order the classic Turkey Club (\$8.25) on whole wheat with garden salad.

My buddy goes with Bacon and Eggs (\$5.75).

The cooks' inexperience shows with my sandwich being somewhat dry and the eggs overdone, but our gracious server sets things right. Ingredients are nonetheless fresh and portions are decent.

With its location to residences and extended hours,

it is no wonder that it can be difficult to get a seat at Christina's Pub. A little rough around the edges, its affordability and hospitality keep it busy.



Turkey Club (\$8.25) with salad. PAUL MITCHELL

## Barbecue Chicken Sandwich. Leftover dinner makes tasty lunch



1. In a bowl, combine chicken with barbecue sauce and divide between 2 slices of bread.

2. In another bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper. Toss with coleslaw.

3. Put the coleslaw on top of the chicken. Top with remaining bread slices to make sandwiches. Slice and serve immediately. **NEWS CANADA/DEMPSTER'S/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

### Ingredients

- 2 cups (500 mL) sliced left over cooked chicken
- 1/4 cup (50 mL) barbecue sauce
- 4 slices white bread
- 1 tbsp (15 mL) low-fat mayonnaise
- 2 tsp (10 mL) cider vinegar
- 1/2 tsp (2 mL) granulated sugar
- 1/4 tsp (1 mL) salt, pepper
- 1 cup (250 mL) bagged coleslaw mix



**Available anywhere.**

Download the Metro app today.





Pass 'go' and collect your tax savings. ISTOCK

# Don't give the tax man a penny too much

**Last-minute filing.** No one likes paying taxes, but you can take steps to avoid overpaying



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

There's a very good reason why death and taxes often occupy the same sentence. Neither is appealing to contemplate. While death can sometimes be delayed there's no avoiding the latter at this time of year.

As sure as April follows March every year, there is a stampede to file returns once Easter and Passover indulgences have been digested.

## Alison's money rule

**"Pay yourself first by double-checking all your tax deductions and credits."**

Your friend in these last-minute situations is, in my opinion, the best tax book available for consumers: *Essential Tax Facts: Simple tips for preparing your taxes so you can build wealth* (2012 edition), by Evelyn Jacks, tax expert and founder of the Knowledge Bureau in Winnipeg.

Jacks points out that taxpayers leave thousands, sometimes hundreds of thousands of dollars, on the table over their lifetimes by paying too much tax.

It's tough these days to increase your income. But being vigilant about every penny sent to Ottawa and your provincial government is something everyone can do.

Here are some of the changes Jacks highlights for 2011.

**1. Children's Arts Tax Credit** Similar to the Fitness Tax Credit, parents can claim (or share the claim) for up to \$500 if the child is enrolled in a broad range of artistic, environmental or cultural activities.

**2. Tuition Tax Credit – Examination fee** This is claimable for examinations and pre-requi-



site study materials purchased in order to achieve a recognizable licence or professional status.

## 3. Study abroad

The study period has been reduced to three weeks from 13 for students in full-time programs at Canadian universities and colleges.

So if you are off to Italy to study Michelangelo's David for three weeks as part of your degree, you can claim the tuition and education amount and withdraw Education Assistance Payments from an RESP.

## Spend time with your taxes

### Just how careful are you?

- **It pays to be careful.** On the TV show *Million Dollar Neighbourhood*, a review by H&R Block found that nearly a third of tax filers made at least one error on their return.

**4. Sharing an RESP with a sibling** Transferring from one RESP to another will not trigger repayment of the government Canada Education Savings Grant as long as the sibling receiving the funds is under 21.

## 5. Money from babes

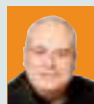
The Canada Child Tax Benefit, Universal Child Care Benefit and GST credit can now be split 50/50 between parents (for payments received after June 2011), assuming they live with the child.

One of Jacks' top tax tips is a recommendation that couples (married or common-law) file taxes jointly to maximize credits and deductions including medical expenses and amounts for public transit, children's fitness and arts and the new home buyer's credit.

**ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM**

## Easter

## Time to hunt some eggs again



**CHARLES THE BUTLER**  
askcharles@thebutler@metronews.ca  
For more, visit charlesmacpherson.com

With Easter just around the corner, I thought I'd offer up some tips for those families, or churches and social groups, considering doing an Easter-egg hunt. Here are a few ways to ensure it's

a success.

1. Think about the age group. This is one activity where mixing young kids with older ones doesn't always work. Consider a toddler egg hunt and an older children's egg hunt to keep things fair.

2. If treats are to be hidden inside the eggs, mix up what the children will find. Putting the same surprise in each egg will be a disappointment, no matter how cheap you found them at a big-box store.

3. Talk to your kids ahead of time. There are

inevitably going to be a few skirmishes where kids fight over an egg they find at the same time. As hard as it is, this is a good opportunity to teach your kids about sharing. Parents, this is your job!

4. A way to deal with No. 3 is to assign children a colour, so that they have to find eggs only of one particular colour. This should help avoid disputes.

5. Plan an adult-friendly gathering while the children are hunting, and remember to let them have fun. Don't stress about

grass stains on clothing; just let the kids run out and play.

Besides, in an upcoming article, I promise to tell you all about dealing with those pesky grass stains!

Happy Easter to all of you who celebrate this wonderful holiday.

I am currently in Abu Dhabi training for two weeks, yet my gracious hosts from this part of the world are taking me out for lunch on Sunday in celebration of my holiday — how lucky am I to have such a gracious host?



Think about age groups when planning your hunt. ISTOCK

**QuestChat™**  
feel the rush

**TRY IT FREE\***  
**519.439.4444**

\$25/50min 1.900.677.4444 | Dial #CHAT (#2428) .79/min\*  
Text "QUEST" to 96669 \$5/10min Free trial not applicable on #CHAT

Other Cities 1.888.482.8282

f b questchat.com

\*18+ RESTRICTIONS APPLY



NHL

## Maple Leafs turn to Colborne with Grabovski injured

The Toronto Maple Leafs recalled centre Joe Colborne on an emergency basis Monday after losing Mikhail Grabovski to injury.

Colborne had 37 points (16-21) in 60 games with the AHL's Toronto Marlies this season.

In nine games with the Leafs, he scored one goal and three assists.

Grabovski suffered a leg laceration in Saturday's 4-3 victory over Buffalo and is listed as day-to-day. **THE CANADIAN PRESS**



Joe Colborne

BRUCE BENNETT/GETTY IMAGES FILE

NHL

## Daniel Sedin 'getting better' according to brother Henrik

Vancouver Canucks star Henrik Sedin says his teammate and twin brother Daniel is improving as he attempts to recover from a concussion.

"He's getting better and better, so we're hopeful," said Henrik after practice Monday.

Daniel Sedin was injured March 21 when he took an elbow to the head from Chicago Blackhawks defence-man Duncan Keith. The NHL suspended Keith five games for the infraction.

**THE CANADIAN PRESS**

Basketball

## It's Miller's time to head to the hall

Five-time all-star Reggie Miller and longtime coach Don Nelson are among a dozen players, coaches and teams that will be inducted into the Naismith Memorial Basketball Hall of Fame.

The class of 2012 was announced Monday in New Orleans, the site of the Final Four.

Also elected were two-time Olympic gold medallist Katrina McClain, three-time college player of the year Ralph Sampson, four-time NBA champion Jamaal Wilkes and longtime referee Hank Nichols.

**THE ASSOCIATED PRESS**



Toronto's new closer, Sergio Santos, pitches earlier in spring training in Dunedin, Fla. **FRANK GUNN/THE CANADIAN PRESS FILE**

# Jays bullpen putting aside 'issues' of past

## MLB. Right-hander

Frasor says rebuilt relief corps is filled with 'better people' than the crew that struggled a year ago

Quoted

"When things are going good, sometimes it's easier to throw up a zero. When things are going bad, three outs are the hardest thing to get."

Blue Jays reliever Casey Janssen on last year's bullpen struggles.

Last season, Blue Jays fans could be forgiven for thinking "relief pitcher" was a misnomer, what with all the anxiety wrought by the team's bullpen.

Their 25 blown saves, tied for third-worst in the league, is a stat players and pundits alike recite by memory.

"We just get a quarter or a third of those back and we're right there in the hunt for the playoffs," said right-fielder Jose Bautista.

So of all the areas Jays' brass could have targeted to improve this off-season, the bullpen was the obvious choice. Another established starting pitcher to fill out the rotation would have been nice, but upgrading the 'pen was a necessity. So general manager Alex Anthopoulos traded promising pitching prospect Nestor Molina to acquire 28-year-old closer Sergio Santos from the Chicago White

Sox, and dipped into the free-agent market to sign veteran relievers Francisco Cordero and 41-year-old Darren Oliver.

The team also reacquired Jason Frasor, and converted starters Carlos Villanueva and Luis Perez to full-time bullpen

duty.

Gone are erratic closers Jon Rauch and Frank Francisco, though the pair have reunited with the New York Mets.

Bullpens carry a team's momentum unlike any other part of the club. When a lead is lost

late in the game, they wear it. The past tense of "blew it" is literally part of their statistical legacy.

But when things are going well, they are the ones who often keep it rolling.

What hurt the Jays' 2011 bullpen was more than just the regular ups and downs of a 162-game season.

"We had our issues," said Frasor, a veteran of eight major-league bullpens.

"We weren't a tight-knit group down there, you know? Usually, the teams I've been on, the bullpen hangs out with bullpen, the position players hang out with position players, starting pitchers hang out with starting pitchers, (but last year), the bullpen, we weren't that close.

"We didn't pick each other up, you know? That's what went wrong. It just wasn't a good mix of guys down there. It's hard to explain."

This year is different, Frasor says.

"It has a better feel, it really does, and I'm not just saying that because I should say that at this point. It does have a better feel, it's just ... better people."

**TORSTAR NEWS SERVICE**

Spring training

## Cecil hammered in Jays' loss to Tigers

Brett Cecil's spot in the Blue Jays' starting rotation is in doubt after he was smacked around by the Detroit Tigers on Monday.

"There is concern," Jays manager John Farrell said, almost gravely, after the game. "You'd like to see guys kind of on the incline going into the start of the season, rather than the reverse."

The Tigers teed-off on the

left-hander for a seven-run inning. Cecil gave up seven consecutive hits in the inning, capped by back-to-back homers by Prince Fielder and Delmon Young.

It was 9-0 when Cecil left the game after the fourth. The Tigers won 11-8.

The 25-year-old's fate with the Jays would be more precarious if Dustin McGowan were healthy, but Cecil — once projected to be the team's third starter — may have also fallen behind Kyle Drabek on the pitching depth chart. **TORSTAR NEWS SERVICE**

# 4

## SPORTS

In brief

## Flyers' Laviolette, Pens' Granato pay for scuffle

Flyers coach Peter Laviolette was fined \$10,000 Monday after calling out counterpart Dan Bylsma for sending out his checking line late in Philadelphia's 6-3 win at Pittsburgh on Sunday. Penguins assistant Tony Granato, who stepped on the top of the side boards and in between the two head coaches, was also fined \$2,500. The incident occurred at 18:57 of the third period. Laviolette was upset that the Penguins' fourth line took a shift shortly after Jakub Voracek's empty-net goal concluded the scoring. During the shift, Penguins forward Joe Vitale levelled Flyers centre Daniel Briere shortly after the ensuing faceoff, starting a chain of events that included Laviolette smashing a stick over the glass.

**THE ASSOCIATED PRESS**

On the web



Is the NFL about to go to the Ducks? Nike is set to unveil its new NFL uniforms Tuesday, with some speculating the company will take design cues from the NCAA's Oregon Ducks. Nike has designed five different helmets, seven jerseys and six pants for Oregon that have become known for their flamboyant colour combinations. Scan the code for the story.

# Canada's confidence grows with two more wins



Glenn Howard delivers a stone Monday during a match between Canada and Norway in Basel, Switzerland. GEORGIOS KEFALAS/THE ASSOCIATED PRESS

**Curling.** At 5-0, Ontario's Howard and Team Sweden are only unbeaten rinks left at world championship

Canada's Glenn Howard posted two more victories Monday to remain unbeaten at the world men's curling championship.

Howard beat Norway's Thomas Ulsrud 8-3 in the morning draw before defeating Jiri Snitil of the Czech Republic 9-3 in the evening. Canada remained tied with Sweden for first place at 5-0 after eight draws of round-robin play.

"I sense the confidence is getting bigger and bigger," Howard said. "I felt really comfortable out there again tonight. My guys are making everything underneath me."

The Czech game was tighter than the result might suggest. Howard entered the ninth end with just a two-point lead and hit a nice double takeout to score four points to end it.

Howard and teammates Wayne Middaugh, Brent Laing and Craig Savill shot an impressive 91 per cent in both wins.

The Czechs provided a much stiffer test than the Norwegians. Ulsrud, the 2010 Olympic silver medalist, never got on track and made several

uncharacteristic errors.

"We kept putting pressure on him and he was missing," Howard said. "The recipe for a win."

A back injury to skip Niklas Edin hasn't hampered Sweden's performance. Sebastian Kraupp has filled in nicely and guided the rink to a 10-8 win over France to keep pace with Canada.

Another medal favourite, Scotland's Tom Brewster, was in third place along with the surprising Liu Rui of China at 4-1. Norway is one of four teams tied at 2-3 while the other rinks are even at 1-4.

After a slow weekend, attendance picked up Monday

## Howard's titles

**Howard has won three world titles over his career —in 1987, 1993 and 2007.**

night with an estimated 1,800 spectators at the 9,000-seat venue.

Howard said his team has felt comfortable from the start of the competition.

"I'm always talking about peaks and valleys," Howard said. "Our valleys aren't too bad and that's the good news. We're always up there pretty high. That was a really good game."

THE CANADIAN PRESS

## CLASSIFIEDS

To advertise, call:  
1 800 527-6767

### HELP WANTED

#### General Help

#### AZ Drivers NEEDED!

#### TPI Driver Services

We Want To Find The Right Job for YOU!  
**LOOKING FOR...**  
AZ Drivers 2 Years Minimum Experience  
**WE OFFER...**

Clients that Hire our Drivers  
Local & Cross Border - Home Every Night  
Weekly Pay- Industry Standard Rates Of Pay  
Call **Jen @ 519-894-1337** to set up  
**YOUR** interview!  
**kitchener@tppersonnel.com**  
FAX 519-894-5364

Full Time & Seasonal Positions Available!  
Now hiring for all positions. Customer  
Service, Marketing, Sales, Management.  
No Exp Req. Students Welcome. 519-913-3140

#### Business Opportunities

Great Income! It's Fun, It's Easy, It's Coffee!  
24/7 toll free recording 1-877-843-2525  
www.starthealthycoffeenow.com or call  
Paul 519-871-9996 for Free sample or Info.



**SHELL GAS STATION** in Woodstock  
Lease-Operate. Guaranteed Income.  
\$72,000 + bonus. Need security deposit.  
**519-878-7459**

### MERCHANDISE

#### Merchandise for Sale

20 Paper Back Books  
P. Cornwell, Maeve Binchy, Clive Cussler  
A 1 condition!  
\$20.00 for the lot! 519-474-4606

#### Merchandise for Sale

15 paper backs  
James Patterson, Sue Grafton, Nora Roberts  
A1 Conditio \$15.00  
519-474-4606

#### Public Auctions

## NOTICE OF SALE

**Storage-Mart #3001 328 Commissioners Rd W. London, ON Friday April 20th @ 10:45am Units: 1135A Steven Fraser • Storage-Mart #3002 1020 Wonderland Rd S. London, ON Friday April 20th @ 11:30am Units: 1447 Tina Giles, 1472 Sheila Nichols, 3005 Mike Fampa, 3039 Sasha Briffett • Storage-Mart #3003 665 Adelaide St.N., London, ON Friday April 20th @ 10:00am Units: 0610F Brian Buttery, 1202A Rick Garagozzo • Storage-Mart #3004 155 South Edgeware Rd, St Thomas, ON Friday April 20th @ 1:00pm Units: 329 Daniel Dierkens**

According to the Lease by and between the customers listed above listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s). UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, bicycles, vehicle, fridges, mini fridge, tool chests and tools, microwave, vacuums, fans, baby strollers, rubbermaid totes, baking racks, boxes, suitcases. Items will be sold or otherwise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the state statutes. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is" condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

### SERVICES

#### Financial

**LONDON TAX DEPOTS**  
Income Tax preparation with e-file  
Year Round Service  
Bookkeeping Services  
**(519) 451-9244**  
1141 Highbury Ave  
**(519) 652-3001**  
1830 WHARNCLIFFE RD S.

### HOUSEHOLD SERVICES

#### Movers

**Make the easy move!** Sprint Moving  
Service Bonded, insured, 24/7 services,  
Rates start at \$60/hour Free estimates  
[theeasymove.ca](http://theeasymove.ca) (519) 859-4770



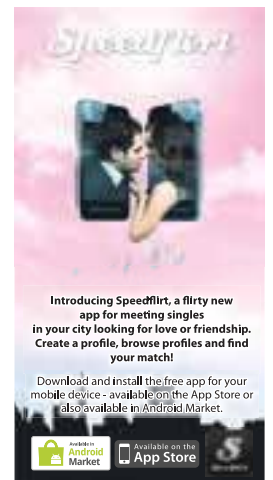
### ANNOUNCEMENTS

#### Community Events

**Good Friday Karaoke**  
**FRI APR 6th**  
**Players Sports Bar**  
1749 Dundas St, London  
Party starts 9pm  
Info: 519-433-2579

#### Community Events

**LONDON COLLECTIBLES EXPO**  
Good Friday Holiday Show  
**Friday April 6th 9:30am - 2pm**  
**Centennial Hall**  
**550 Wellington St.,**  
Downtown London  
Featuring Vendors selling Records,  
Music Memorabilia, Comics, Coins,  
Sports and Non-Sport Cards,  
Action Figures, Die Cast Toys  
and Pop Culture Collectibles.  
A brand new show. 90+ tables.  
**Admission \$4**  
**www.londonshow.blogspot.com**  
Free Parking for show customers on the  
parking lot beside Centennial Hall.  
For vendor space or more information  
Email **toyshow@kwic.com**  
Call **519-426-8875**  
**Bring in this ad for \$3 admission**



**Read metro work every Monday and Wednesday for tips and trends in education and employment.**

**Only in Metro. News worth sharing.**

## Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

1 boys 18 speed super cycle bike silver in color Very good condition \$74.00 519-701-7663	Bedsprad, queen size with 2 matching pillows, in good condition. \$25.00 (519) 681-5587	Dryer, maytag, in good condition, \$40.00, to be pick up. (681) 681-5587	New Super Cycle 7005 aluminum Frame 21 Speed Shimano Gears \$140.00 519-348-9490	Satellite Dish, Bell, 1 LNB, \$35, 519-432-6890	•Suede Jacket \$40 •Night table \$25 •Vanity Top/Sink \$35 •Toilet \$40 519-472-4290
1 hagen 40 gal tank/stand/accessories \$50 1 50 gal tank (top frame cracked) \$40 Tomtom GPS \$40 519-686-0629	Chevy pick up rims 5 bolt 15 by 8 Mint condition BEST OFFER 519-660-6962	Floor Lamp Brass with adjustable head \$50 (519) 663-5411	<b>Norman 12 String Guitar \$200</b> <b>3 Step Ladder \$15</b> <b>519-204-9013</b>	Shower door, 24" X 64" silver, obscure, \$100 519-432-6890	WANTED TO BUY Die Cast Cars 1:24 to 1:18 scale Will buy collections any amount Will pick up & pay cash <b>519-672-1219</b>
4' by 8' Slate Dufferin Pool Table 9 quies, que rack, score board, and 2 sets of balls - Snooker & Boston \$1000 519-685-9945	Chopper Bike with electric motor that can be put on Asking \$375 (519) 204-9013	Little Tikes Change Table 2pc \$30 Vacuum Cleaner Ureaka Maximuma \$25 (519) 686-8234	Office Chair Grey Leather Adjustable Swivel New Condition Asking \$40.00 (519) 663-5411	• Spirit Walker \$100 • Indoor walker \$40 • Safety Rail \$35 • Obus form \$40 • Sink stool \$40 • Glider Rocker \$50 • Couch \$100 519-204-1007	Water Cooler 2 yrs old has room temp and cold, Includes free bottle water. In good condition \$40.00 <b>(519) 434-8172</b>
94 Olds Muffler New still in box \$45.00 519-455-6211	Cordless phones vtech brand new \$35 for pair 519-473-9197	Men's T-shirt, different colors, large, look brand new \$3.00 each (519) 681-5587	Samsung TV 12" \$25 Bird Cage Medium Size \$25 519-204-9013	Storm door, 34 X 79 X 2 white 2 lite, RH, frame included \$100 519-432-6890	White Duvet Cover With Matching Throw Pillow and Picture \$75.00 519-639-0392



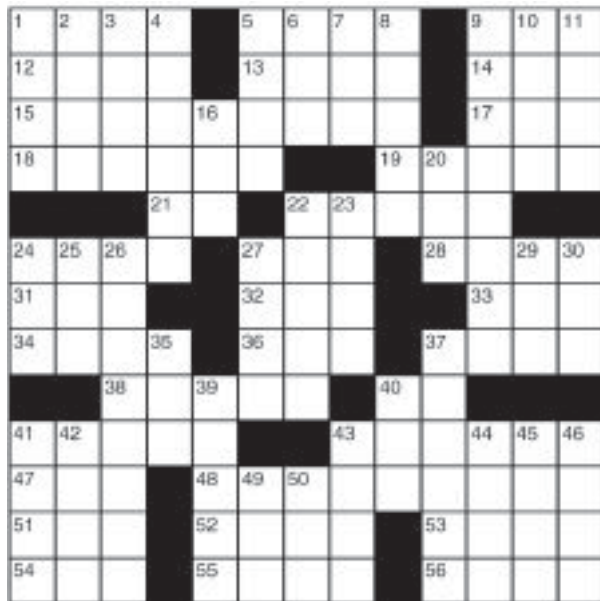
## Crossword

### Across

- 1 Urban fleet
- 5 Stroller
- 9 Embrace
- 12 Grad
- 13 John/Rice collaboration
- 14 NAFTA signatory
- 15 Military sky divers
- 17 Journey segment
- 18 Lotus model
- 19 Burdens
- 21 Yours truly
- 22 Choppers
- 24 Sculptor's medium
- 27 Preceding
- 28 Takeout request
- 31 Army rank (Abbr.)
- 32 Be unwell
- 33 Indivisible
- 34 Pop choice
- 36 Pigpen
- 37 Incite
- 38 Overact
- 40 "Monopoly" corner
- 41 Town bigwig
- 43 Delicate, as a fragrance
- 47 In bygone times
- 48 Cartoon vamp
- 51 Writer Buscaglia
- 52 "What's the big —?"
- 53 Cogito-sum link
- 54 Recipe meas.
- 55 Stage statuette
- 56 Turns green?

### Down

- 1 Part of a superhero costume
- 2 Remark re Yorick
- 3 After-dinner



- speech?
- 4 Smugly ingratiating
  - 5 Segment
  - 6 Carnival city
  - 7 Big fuss
  - 8 Syrup flavor
  - 9 Wham-O product
  - 10 Secondhand
  - 11 Jokes
  - 16 Dead heat
  - 20 Mel of Coopers-town
  - 22 Hackneyed
  - 23 Slithery
  - 24 LX percent of D
  - 25 Privy
  - 26 Comic-strip caveman
  - 27 Bridge position

- 29 Wildebeest
- 30 "— the ram-parts ..."
- 35 I love, to Livy
- 37 Wept loudly
- 39 Trip around the world?
- 40 Fellow
- 41 Beer ingredient
- 42 Quite some time
- 43 Command to Rover
- 44 Whig rival
- 45 Theater box
- 46 Heroic poetry
- 49 Tokyo's old name
- 50 Toe tally

For today's crossword answers and for expanded horoscopes, go to metronews.ca

### Monday's answer



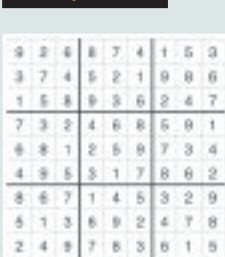
## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Monday's answer



## Send a kiss

- **Mr. Hammer Man.** You will always be my stereo. ilu
- **Bunny.** I love you. You have to remember, its always going to be YOU and ME. It's the most real thing you've ever had. We don't give up on the things we love. We always come back. <3 Baby T
- Nothing can rival spending my life with you; not eternal bliss or existing logically. Jeremy
- **Gady.** I know you may not notice how handsome I think you are, and I don't really see you too often but if you read this just know I love steering at you. I have a crush on you. Your admirer always
- **Mi Vida <3.** I love you so much <3 I know that at times things are hard but no matter what, me and you will make it through <3 we've been through a lot before and I will always be here for you no matter what <3 you're the only girl I'm willing to die for <3

## Horoscope

### ♈ Aries | March 21 - April 20.

You are in the mood to travel, socialize and have a good time.

### ♉ Taurus | April 21 - May 21.

As an Earth sign you enjoy the good things in life, and with your ruling planet Venus moving into the money area of your chart today you'll be able to afford them too.

### ♊ Gemini | May 22 - June 20.

Whatever changes take place over the next 24 hours you can be sure they will work in your favour, at least in the long-term.

### ♊ Cancer | June 21 - July 22.

You need to sit down quietly, away from other people, and decide what your priorities are going to be.

### ♊ Leo | July 23 - Aug. 22.

Make

an effort to get out into the world and meet people today.

### ♊ Virgo | Aug. 23 - Sept. 22.

This is an excellent time to show someone in a position of power that you have what it takes to succeed.

### ♊ Libra | Sept. 23 - Oct. 22.

You are hugely optimistic about the future, and with good reason.

### ♊ Scorpio | Oct. 23 - Nov. 21.

Steer clear of extremes today, especially extremes of emotion. Like most Scorpios you harbour a few secret grudges but this is not the time to make them public.

### ♊ Sagittarius | Nov. 22 - Dec. 21.

The people you meet today, both socially and at work, will go out of their way to be nice to you.

Respond in kind and show everyone what a big-hearted Sag you are.

### ♊ Capricorn | Dec. 22 - Jan. 20.

You may be tempted to push yourself harder and take on more responsibilities but is that really such a good idea?

### ♊ Aquarius | Jan. 21 - Feb. 18.

Anything of a creative or artistic nature is under exceedingly good stars at the moment, so believe in yourself and what you are doing and before you know it you may be something of a star yourself.

### ♊ Pisces | Feb. 19 - March 20.

Let fate take its course and don't try to change things that are best left alone.

SALLY BROMPTON



## Caption Contest

"Staring Contest!! 1,2,3, GO!"  
Amanda

JENS KOEHLER/THE ASSOCIATED PRESS

## Win!



## You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

**QuestChat™**  
feel the rush

**TRY IT FREE\***  
**519.439.4444**

Other Cities 1.888.482.8282

questchat.com

1,900,677,4444 • \$25/50min



**HUMBER**

The Business School

# BUSINESS DEGREES

**4-YEAR DEGREES THAT  
ARE BUILT FOR BUSINESS.**

Accounting

e-Business Marketing

Fashion Management

Human Resources Management

International Business

Tourism Management

**be  
more**

[business.humber.ca](http://business.humber.ca)

